

# So Long Summer!



## Holderness Recreation Department's Fall 2012 Programs

A registration form is required for most programs  
See our website for more programs and details at [www.holderness-nh.gov](http://www.holderness-nh.gov).

Holderness Recreation  
PO Box 203  
Holderness, NH 03245  
968-3700  
[holdrec@roadrunner.com](mailto:holdrec@roadrunner.com)  
[www.holderness-nh.gov](http://www.holderness-nh.gov)

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US Postage Paid  
Permit # 4  
Holderness, NH 03245

POSTAL CUSTOMER

### Registration Information

Holderness Recreation Programs are open to Holderness residents on a first come basis. The program fee and registration form must be submitted prior to the sign-up deadline. **Non-Residents please add \$5 to the program fee for most programs.** If class minimum is not met, class may be cancelled. Registration forms are available at the Holderness Town Hall, the Holderness Post Office, the Holderness Free Library, and on the web at [www.holderness-nh.gov](http://www.holderness-nh.gov). **Please make checks payable to: Holderness Recreation** and mail to PO Box 203, Holderness, NH 03245. For further information contact Wendy Werner, Recreation Director at 968-3700, [holdrec@roadrunner.com](mailto:holdrec@roadrunner.com). Office hours are held at the Town Hall on a varying schedule.

## Holderness Recreation Department's Fall 2012 Program Guide



### New this Fall! The Dance Project

Joan M. Wiegers earned a MFA in Dance at SUNY College at Brockport, New York, and a MA in Performance Art from Goddard College, Plainfield, Vermont. Ms. Wiegers developed and directed the Dance Program at Plymouth State University 1993-2007 and the dance program at New Hampton School 1983-1993. Ms. Wiegers is presently teaching/choreographing in New England schools and after school programs.

Boys and girls will gain an understanding of dance concepts and techniques in a light and open environment where creativity and movement is the key. There will also be an collaborative informal show at the conclusion of the session.

**Class dates:** 9/29, 10/ 6, 23 & 20, 11/3 & 10

**Cost:** \$50 for 6 weeks, 2nd child \$40.

**Location:** Holderness Firesaftey building

**Times:** Grades 1—3 9:30—10:30am  
Grades 4—6 10:30—11:30am

#### Creative movement

For 1-3 grades

Experience learning and having fun in dance class. Students learn about ways to move, create and share with others while moving to a variety of music.

#### Create Dance Piece

For 4-6th grades

Create an amazing dance piece for fun and to perform: using choreographic tools of space, time, dynamics, levels, shapes in the movement phrases for solos, duets, trios and groups. Dancers will pick music and design costumes and actually draw a personal version of the dance piece.



### Babysitter's Training

Join our instructor Kattie McKinnon and learn what you need to know to become a responsible babysitter. The Babysitter's Training course can help you—

- Supervise and play with children of all ages.
- Hold, feed, bathe and dress infants and toddlers.
- Be a responsible role model.
- Make good decisions and solve problems.
- Handle emergencies such as injuries and household accidents.

**When:** Thursday, Dec. 27th

**Time:** 9am—4pm

**Who:** Ages 11—15 yrs

**Cost:** \$65

Register by Dec. 15th, 2012.



### Get Paid To Talk

#### Making Money With Your Voice

Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare, and where to find work in your area! In addition, you'll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic, and a great first step for anyone interested in the voice over field.

**When:** October 22nd 6:30—9pm

**Cost:** \$15 with a min of 6 people. More people will lower the per person cost.  
What a neat opportunity.



## Holderness Recreation

### Board Members:

Tom Stepp, Chairperson  
George 'Biff' Sutcliffe, Secretary  
Molly Whitcomb  
Shelly Swanson  
Janis Messier  
Meika Carter

The board meets once per month at Town Hall to provide input on the recreation and beach budgets, policy and procedure, and review programs.

We are always looking for individuals who would like to participate. If you would like to take an active role in your recreation department, call the office today.

### Adult Volleyball:

Tuesday and Thursday nights from 7:00—9:00PM. Join our drop in group for a night of great athletic fun. The cost is only \$5 for the whole season and you can't beat that! We welcome players ages 18 and up. No pre registration is necessary, just show up ready to play at the Holderness Central School Gym. A registration form will be available at the program. You can also visit the recreation web page and download a form ahead of time.



### Early Bird Exercise:

What else is going on at 5:30 AM. So come out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact workouts, step aerobics, free weights, stability balls. Fall Class schedule will be Mon. Wed., & Fri. from 5:30—6:30AM. We are currently in session, so come on down and give it a try! Please call the Holderness Recreation Office for more information 968-3700

**Cost:** \$50 (12-week session)

**Instructor:** Anne Packard



<https://www.facebook.com/HoldernessRecreationDepartment>

## Adult Yoga—all levels

Lori Card has been teaching yoga in Holderness for almost two years now. She has a wonderful personality and truly enjoys sharing yoga with us. She is currently offering adult Yoga for all levels on Wednesday evenings 5:30-6:45 and Tuesday & Thursday mornings 9—10:15. Classes are on going. A punch card for 6 classes is \$60 or \$12 drop in.



### Children's Yoga:

Join Lori Card again on Wednesdays for our Children / Family yoga hour.



Come together in a lighthearted environment for individual, partner and family yoga fun! Age and developmentally appropriate yoga poses, animated breathing exercises and soothing relaxation techniques awaken the inner-child of all age participants. Laughter and love fill each class and is sure to inspire the entire family's relationship.

If you are interested please call or email the recreation office so we can determine how many there will be. Class will be starting Oct. 24th depending on registrations.

**Cost:** \$8 / class

**Time:** 4:15—5:15pm.

**Location:** Town Hall



Julie Wirth has been spreading her love of music with children here in Holderness since last winter.

The class is a time for you and your child ages birth to 5 years, to learn basic concepts, following directions and social skills in a group. It is a fun environment to learn and develop using music. Our brains enjoy music as much as we do, making it an easy way for everyone to learn and have fun. Not only do songs expand spoken vocabulary, but music promotes listening skills, memory and motor skills.

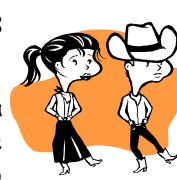
**When:** Friday's from 10:30—11:15am

**Where:** Holderness Fire Safety building

**Cost:** \$7/family / visit or 5 visits for \$30.

## Line Dance Classes with George Maloof

How do you think Zumba got started anyway? Line dancing is a great intro to many other types of dance. Perhaps you are looking for something to do with friends or on your own. This just might be the right activity for you. Join George for a late morning of line dance to get your Saturday started with a mind and body workout. Workouts are considered low impact cardio and music includes: hip hop, Latin, pop, swing, and country.



**Instructor:** George Maloof

**Where:** Holderness Town Hall

**When:** Saturday's 9/29—10/20

**Time:** 11— noon.

**Ages:** Adult or 15+ w/adult

**Cost:** \$25 for a four week session

## Zumba® Returns to Holderness in January with Kim Currell!

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Zumba increases focus and self-confidence, boosting metabolism and enhancing coordination. Zumba lovers credit the dance craze with freer inhibitions, sharper minds—and tighter abs. "It changes our body better than body sculpting...."

Stay on the lookout for new classes starting in January!

### Pick up Hockey:

It's time to go to the attic and dust off those skates. We are hoping to have the ice again at the Holderness School Rink on Saturday's from 8:30 - 9:30 a.m. for pick up hockey. This is a chance for players to have an informal game with whoever shows up to skate. Helmets are required!

**Come on Down**

**Who:** Residents ages 16 and up

**When:** 8:30 - 9:30 a.m.

**Tentative Start Date:** Dec 8

**Cost:** \$6 per person

## Fall Archery

Ed Ash will help you develop hand and eye coordination while learning the skills used in this age old sport, recently made famous again by the Hunger Games.

**Where:** Pemi Fish & Game Club

**When:** Monday's from October. 1st—Nov 5th (no class on 10/8)

**Time:** Beg. / Families 5 - 6PM (4th grade and up.

**Cost:** \$45

**Please register by September 24th.**

### Give the Gift of Recreation

to someone less fortunate by giving to our **scholarship fund.** This fund is used to offset program fees for families / participants that may not be able to afford a program on their own. You may send checks made out to Holderness Recreation, with a note that it is for the Scholarship Account. This fund helped many families this summer and it needs replenishing. We greatly appreciate and accept donations of any size.



Thank you for your support!

## The NH Children in Nature Conference 2012

*"Discovering Nature Wherever You Are"*  
is coming up October 4 at the Castleton Conference Center in Windham, NH.

**Nature is where you are, wherever you are.** Join us to explore the many ways we can experience "nearby nature" with children, youth and families, whether by discovering new ways to use our backyards and city parks; finding local outdoor spaces in communities and neighborhoods; or learning simple, accessible ideas for engaging with the natural world, even in urban settings.

**Lenore Skenazy,** author of *Free-Range Kids: How to Raise Safe, Self-Reliant Children (Without*



*Going Nuts with Worry*) will open the conference with a keynote, host a book signing at lunch, and conclude the day with closing remarks.

October 4th \$50 registration fee includes Keynote, Workshops, Lunch & Refreshments, Networking and Author Book Signing.  
[www.nhchildreninnature.org](http://www.nhchildreninnature.org)

## Library News

Starting **September 5th** join the Library crew for Story Hour on Wednesdays at 10am.

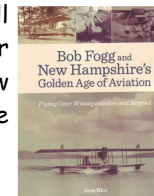
**September 19th** will be a kick off for this season's Book Club. We will be meeting on the third Wednesday of each month at noon and starting on November 14th we will be adding an evening discussion too!

**September 20th**—Victoria's African Library Adventure, last showing. 7pm

**September 22nd**—Fall Library Friends Group. Be a Friend, Bring a Friend. This meeting will offer the opportunity to learn more about the friends group and we will also be discussing the Santa Sale. Hope to see you there.

**October 17th**—Author, Ginger Wallace will be on hand to have a discussion about her book "A Gentle & curious Path Through Cancer to Points Unknown"

**October 24th**—Moultonboro Librarian and Author, Jane Rice will be on hand to discuss her book "Bob Fogg and New Hampshire's Golden Age of Aviation"



## Just for Seniors

We are offering several programs this fall and winter for our seniors and we are looking for volunteers. If you would like to participate and help out with these programs, please contact Wendy at 968-3700

**How can you help?** Perhaps bring something for the potluck lunch, sign up to be a guest caller for the bingo series, bring a dessert or simply be an extra set of hands for the day.

## Lunch and a movie series

New for this winter we will be opening up the main meeting room at Town Hall to welcome in our seniors and active adults ages 50 + for a few social activities.

**Where:** Holderness Town hall

**Time:** Lunch at 11:30, Movie at 12

**When:** Tuesdays

**December 11th - Pot Luck**

**Movie**—Miracle on 42nd St.

**January 15th—Bring a Bag Lunch**

**Movie**—As Good As It Gets

**February 12th— Soup and Salad**

**Movie**—When Harry Met Sally

**March 12th—Pot Luck**

**Movie**—Driving Miss Daisy

We will also welcome deserts on any of these occasions.



## Bingo Series

Just for fun and practical prizes. Bring a household prize with you to put in the prize bag.

**Thursday's 10:45—12:30**

**December 13th**

**January 17th**

**February 14th**

**March 14th**

## Community Resources

Squam Lake Natural Science Center  
968-7194 [nhnature.org](http://nhnature.org)

Squam Lakes Association 968-7336  
[squamlakes.org](http://squamlakes.org)

Squam Area Chamber of Commerce  
968-4494 [Squamlakeschamber.com](http://Squamlakeschamber.com)

Squam Lakes Conservation Society  
968-7900 [squamlakes.com](http://squamlakes.com)